2023 Retrospective

TABLE OF CONTENTS

Facing West by Ryan Maher

What is Zine Club by Jordan Sea

Year One in Review by Edward F Chaos

Looking Back to Inspire the Future by Jordan Sea

The Neighborhood Murder by Xander Taylor

Costumes, Candy, and Fine Music by Edward F Chaos

Science Girl in "The Mixup" by Matthew Spencer

Zines and Libraries by Terra Emerson

Use the Damn Stickers by Joy Bethune

In My Next Life by Joy Bethune

The Worst of Both Worlds by Jordan Sea

Zodiac Cats by Sofie Engstrom von Alten

Why Don't You Get Busy by Robert T Glen

RPS #4 Religion by Robert T Glen

RPS #4 Politics by Robert T Glen

Masks I used to Wear by Edward F Chaos

The Best Books I read in 2023 by Terra Emerson

Sonoma County Zine Club
2023 Retrospective

A collection of work created in
2023 by Bay Area artists.

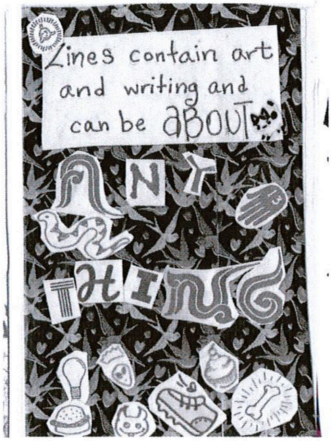
MiniZine Insert:

Artist: Ryan Maher

Ryan Maher (he/him) is 27 and lives in San Francisco. He says he is new to zines, having only really started exploring mini zines after visiting Santa Rosa Zine Fest 2023. He writes poetry and some short fiction, but the visual dynamism and free spirit of zinemaking are especially invigorating. Mostly he's played around with texture, collage, and cut-up techniques based on observations from my daily life and reverie. The genocide of Gazans and a sense of powerlessness and necessity prompted "Facing West." Although, it's surely more effective to buy an esim for someone to call their loved ones: https://gazaesims.com/

WHAT IS ? ZINE CLUB

First!
Q: whats a zine?
A: you're holding one!
AND a zine can be any size, from one page to as many as you can fold)



ANYONE!

WHO CAN MAKE A ZINE?

So, A ZINE "CLUB" IS A PLACE WHERE YOU CAN:

- ☆ TALK ABOUT ZINES
- ☆ READ ZINES
- ☆ MAKE ZINES
- ☆ MEET OTHERS WHO LIKE ZINES

It's fun to take your time to carefully craft your zine over months.

Or CHALLENGE yourself to make one minizine in an evening.

HANGING OUT WITH OTHERS

CAN HELP IDEAS POP UP LIKE

mushrooms

Instagram: @Socozineclub
1st Tuesdays
6-7:30 PM
Sebastopol Regional Library

See You Soon!

sonoma county zine club

SONOMA COUNTY ZINE CLUB

YEAR ONE IN REVIEW

"THE WHOLE UNDERGROUND ZINE CULTURE MAY WELL BE THE MOST IMPORTANT THING PUNK ROCK EVER GAVE THE WORLD, EVEN MORE THAN THE COOL MUSIC." - JELLO BIAFRA

"THE DEFINITION OF POLITICS IS THE ART OF CONTROLING YOUR ENVIRONMENT." HUNTER S. THOMPSON

"IT'S NOT WHERE YOU'RE FROM, IT'S WHERE YOU'RE AT." - MIKE WATT

IN THE PAST YEAR THERE HAS BEEN A NOTICABLE UPWARD TREND IN THE FORM OF INDEPENDANTLY PRODUCED LOCAL MEDIA BOLSTERED BY THE MONTHLY 1ST TUES MEETINGS OF THE SONOMA COUNTY ZINE CLUB, THERE HAVE BEEN NUMEROUS HAPPENINGS IN SUPPORT OF THE VALUE OF PHYSICAL MEDIA AS A VIABLE ALTERNATIVE TO THE OMNI-PERVASIVE ELECTRIFIED CONTRIVENCES THAT OVER INFORM, UNDERWHELM, & OVERTLY EXPLOIT THE PASSIVE CONSUMPTIVE CITIZENRY.

IN ADDITION TO ZINE FOCUSED HAPPENINGS AND A SCHLEW OF LIVE MUSIC EVENTS & ART SHOWS THERE HAS BEEN THE PETALUMA ANTIQUE FAIRE AS WELL AS THE NINTH ANNUAL LUMACON BRINGING TOGETHER DOZENS OF ARTISTS & LOCAL AUTHORS TO CO-MINGLE & DIRECTLY EXCHANGE GOODS AND IDEAS.

NOW ROLLING TOWARD ITS' FIFTH ANNIVERSARY IS THE EVER-EXPANDING, SANTA ROSA BASED SONOMA COUNTY RECORD SWAP WHERE ONE CAN NOT ONLY PROCURE L.P.S, E.P.S, 45S, 78S, TAPES, AND CDS BUT VINTAGE MAGAZINES AND ALL MANNER OF PRINT MATERIALS IN AN UNPREDICTABLE RANGE OF GLOBAL DIVERSITY. SO SUCCESSFUL HAS THE CONCEPT BEEN PROVEN THAT 2 INDEPENDANT RECORDSWAPS OCCURED IN PETALUMA AS THE INFLUENCE CONTINUES TO SPREAD...

WITH THE SONOMA COUNTY ZINE CLUB MEETING EACH 1ST TUESDAY (EXCEPT IN JULY DUE TO THE HOLIDAY IT TRANSFORMED INTO A POT LUCK ZINE PIC·NIC MID·DAY JULY 2ND IN SEBASTOPOL'S RAGLE PARK) THE MOMENTUM HAS BUILT ENERTIA TO THE POINT THAT LAST JUNE 12TH AT RETROGRADE CAFE WE CELEBRATED OUR ONE YEAR ANNIVERSARY. WITH THE WILDLY POPULAR ZINE FAIR OF APRIL 15TH AND THE NUMEROUS ON-LINE AND IN-PERSON EVENTS OF ZINE FEST '23. IN THE FOLLOWING MONTHS AFTERWARD THERE WERE MORE THAN ONE EVENT WITH THE SAME FOCUS INSTIGATED AND PERPITRATED BY A LOCAL GROUP OPPERATING AS THE SITUATIONISTS.

AND AS THE SEASONS CHANGED WITH THE YEAR DRAWING TO A CLOSE SANTA ROSAS' LONGSTANDING VOICES YOUTH CENTER PLAYED HOST TO THE 'HALLOWEEN ZINE SCENE' WITH PLENTY OF PRINT MATERIALS,

ORIGINAL FLYER PENCIL OUTLINE (E.F.C)

2023 ZINE SOCIAL @ BREW (EVENT AND PHOTO C/O Jordan Sea.)

Looking Back to Inspire the Future

It's a little known fact that zines have been around since the Bronte sisters' own limited-run, self-published magazine in the 19th Century. But how relevant are they now, when anyone can set up their own digital soapbox on the virtual sidewalk and talk about anything that interests them? As it turns out, VERY relevant, with their power and potential growing.

Zines (once called "fanzines" and rhymes with "magazines") are an intentional connection. Ask anyone who writes a zine and chances are they're hoping someone else will read it, at the very least. With as little as a piece of paper and a writing implement, anyone can fold a booklet and fill it with their thoughts, dreams, and passions. And the very drive to create these fiercely personal public publications can connect people across borders. You can find hundreds of zines and the folks who make them throughout the year at festivals all over the world celebrating the handmade. And more recently, clubs are blooming to regularly gather creatives in a space dedicated to celebrating this art form.

In the San Francisco Bay Area, there is a thriving community of zine makers and many independent publishing events in Oakland, Berkeley, and San Francisco. Further north, in the traditionally tourist-focused wine country, independent zine writers and artists sparkle like fireflies and have begun to find each other.

Beginning with the Santa Rosa Zine Fest, online in 2020 but in person in the years since, zinesters are finding each other while they pass along the skills to new zine lovers. In the summer of 2022, the Sonoma County Zine Club began a couple of months following Zine Fest. It was an effort to bring that fest energy into a monthly gathering where anyone could learn, create, and communicate. It's been steadily attended ever since and filled with joy. This is what community looks like.

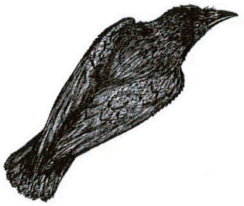
This retrospective serves to showcase some of the creativity of the North Bay, to hopefully inspire new zinesters and create new connections. This is work that reflects concerns, personal journeys, political climate, and imaginative ideas that were important during 2023. We thank the following artists for sharing with us their creations:

Joy Bethune
Edward F. Chaos
Terra Emerson
Sofie Engstrom von Alten
Robert T. Glen
Ryan Maher
Jordan Sea
Matthew Spencer
Xander Taylor

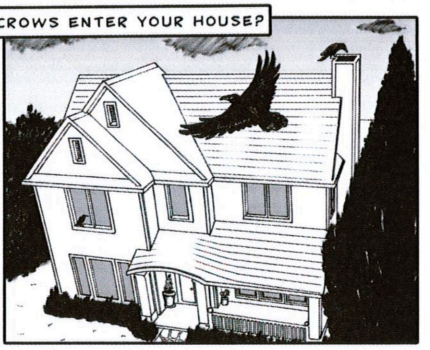
Artist: Xander Taylor
IG @xanrantay

Xander Taylor is an artist from Petaluma. He works in ink, acrylic, digital and textile arts. He got into making zines when he took a comic-making class at the SRJC, in 2018. He spent months getting to know the other students, and by the end of the class, walked away with roughly 50 zines made by all of the students. Xander says, "Reading our comics made me realize that zines, (even if fantastical stories) are honest reflections of the individuals that make them. I think that that's really cool, and ever since that moment I've been hooked. I make at least one zine a year so I can better understand who I am."

DID YOU KNOW--



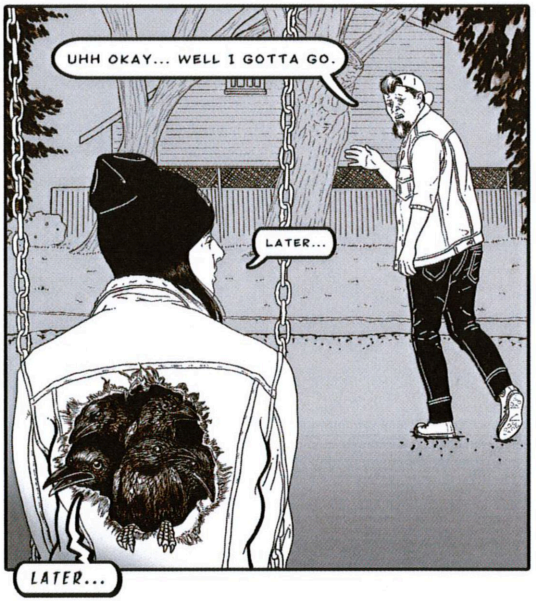
--CROWS ENTER YOUR HOUSE?



THEY WEAR YOUR CLOTHES AND USE YOUR MAKEUP.

THEN THEY IMITATE YOU.

EXAGGERATING YOUR IDIOSYNCRASIES IN AN ALMOST INTERPRETIVE DANCE.



BE KIND TO BIRDS, BECAUSE THEY'RE ALWAYS WATCHING.

COSTUMES, CANDY, AND FINE MUSIC.

Y·O·T HALLOWEEN PLAY LIST: DONALD RUBINSTEIN - THE CALLING
TINY TIM - THE COMING HOME PARTY (INST) '68 COMEBACK - GOGO GOLIATHA
DEMOLITION DOLL RODS - GOOD GOLLY / GOT THE LOVE (JOHN PEEL SESH) LINK WRAY - CREEPY / THE SHADOW
JAMES BROWN - DOWN & OUT IN N.Y.C ANGELO BADALAMENTI - THE PINK ROOM (SATAN AT PLAY EX. MIX)
L.A. WITCH - HEART OF DARKNESS / TRUE BELIEVER CHUBBY CHECKER - LETS TWIST AGAIN
WANDA JACKSON - LONELY WEEKENDS RAY BARRETO - EL WATUSI THE CRAMPS - SUNGLASSES
AFTER DARK / I WAS A TEENAGE WEREWOLF LITTLE RICHARD - LONG TALL SALLY DETROIT COBRAS -
-HITTIN' ON NOTHIN' / STAY DOWN JODY REYNOLDS - ENDLESS SLEEP RONNIE DAWSON - ROCKIN IN A CEMETARY
FUZZTONES - THE WITCH / WARD 81 HASIL ADKINS - SLOW HUNCH SUPERCHARGER - GHOST OF STEVE McQUEEN
MAN... OR ASTROMAN? - MIRACLE OF GENUINE PYREX / DISINTEGRATE '63 COMEBACK - POLAROID PORTRAIT
BEASTIE BOYS - GRATITUDE FRANK ZAPPA & GEORGE DUKE - UNCLE REMUS
ROY ORBISON - IN DREAMS MARTHA REEVES & THE VANDELLAS - NOWHERE TO RUN
PARLIAMENT - CAN YOU GET TO THAT? THE MARVELETTES - MR. POSTMAN THE CRAMPS - ROCKIN' BONES
13 FLOOR ELEVATORS - SLIP INSIDE THIS HOUSE SENSATIONAL ALEX HARVEY BAND - ANTHEM

AND SO WITH THAT TRAVELING MUSIC WE MOVE FROM 2023 TO 24 AND WHAT THE FUTURE MAY HOLD FEW CAN SAY, THOUGH THE PROFITS OF DOOM CONTINUE TO FURTHER THE NOTION THAT PHYSICAL MEDIA IS DYING, THIS LINE OF THINKING RACKS FOCUS PAST THE FACT THAT WE'RE ALL DYING.

THERE IS A RISE & FALL BUT THIS IS THE NATURE OF BREATH. OF EXPANSION AND CONTRACTION THAT DRIVES THE CREATION OF EXISTENCE. FOR THE RAPID PROGRESSION OF TECHNOLOGY HAS GIVEN UNTOLD WEALTHS OF INFORMATION BUT LIKE ALL RESOURCES THE SEEMING LACK OF INFRASTRUCTURE, COORDINATION, FOCUS, OR ABILITY TO RE-INTEGRATE WITH THE IMMINENT SPHERE BETRAYS ITS' MODUS OPORUNDI: TO REMOVE HUMANITY FROM REALITY AND TO MAKE REALITY A NIGHTMARE FOR THOSE WITH HUMANITY. INFORMATION IN THE PUREST SENSE SHOULD BE FREE, BUT THERE IS A COST TO KNOWLEDGE & WISDOM THAT YOU PAY TO POSSESS THAT POWER, IN SHORT, EFFORT. THE INITIATIVE YOU TAKE IS IN COMPARABLE TO THE WORLDS THAT YOU CAN MAKE. THOUGH IN SEEMING DECLINE THE PLIGHT AND VISIBILITY OF LOCAL PAPERS & MAGAZINES IS STILL ENDURING THE SANDS OF TIME WITH THE LOCAL FREE SONOMA COUNTY GAZETTE PRINTING 29,000 COPIES A MONTH AVAILABLE AT OVER 800 LOCATIONS ACROSS THE COUNTY NOT TO MENTION THE WEEKLY & DAILY PAPERS THAT CONTINE IN THEIR PROUD TRADITION IN SPITE OF WHAT TOMOROW MIGHT BRING. SO SUPPORT LOCAL MEDIA SUPPORT YOUR LOCAL RECORD STORE & REMEMBER WHEN THE MONSTER IS DEAD, THE MOVIE IS OVER.

E.S.C

Artist: Matthew Spencer

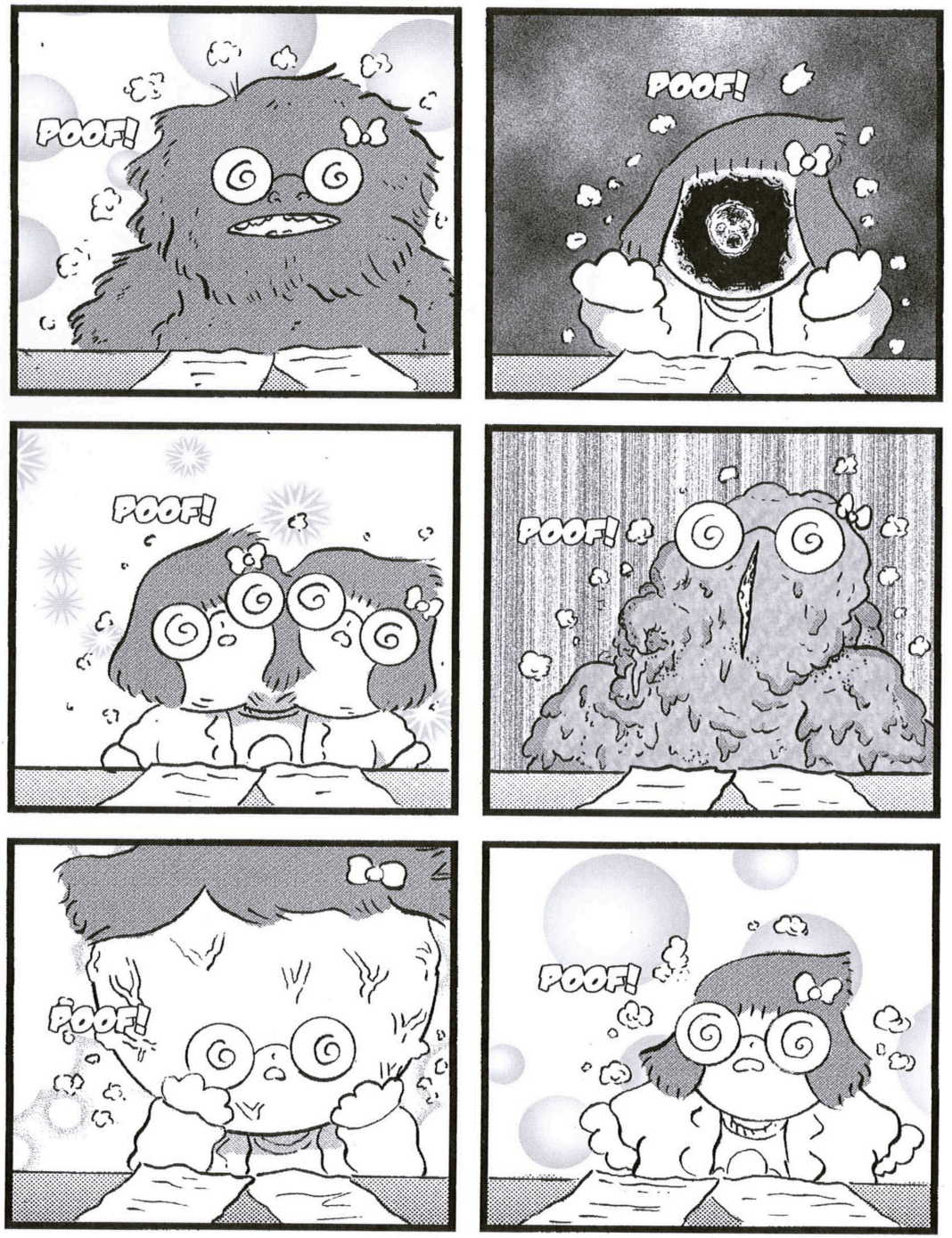
"*Mathuin, also known as Matthew Spencer, is an illustrator based in Santa Rosa, California.*
In the past few years, he's worked in different disciplines and mediums such as Comics, Animation, Music and Children's Book Illustrations.
His work can be seen on his website, www.mynameismathuin.com and his instagram at @mynameismathuin"

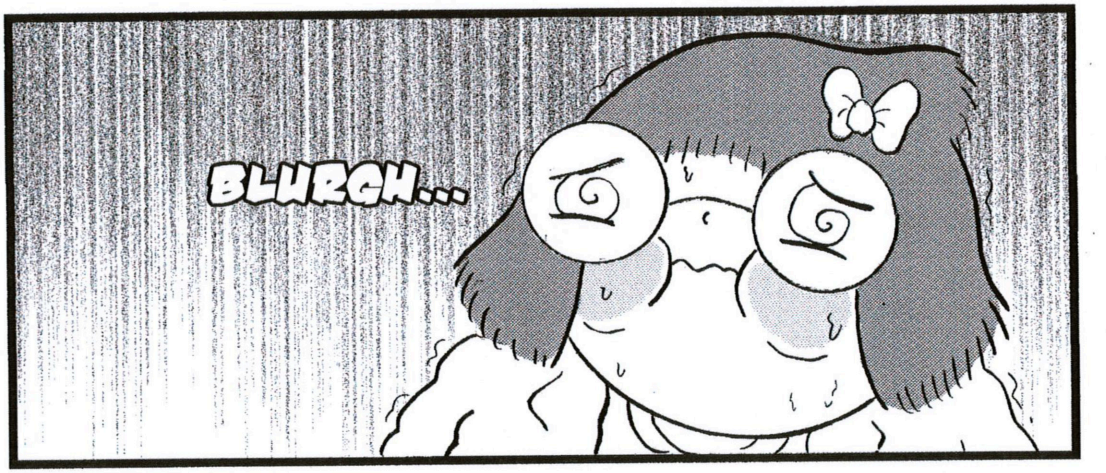
"*2023 was a personal, prolific year of constant working, constant growing and constant recovery. My work in 2023 transcend from the usual comics to animations and music,*
while still retaining that absurdity that I love to hone in. It was a year of firsts: first year in a new city, first year doing art galleries and zine fests, and a first of being out there in a post-college world.
Not only that, but 2023 for my artistic endeavors is a first of realizing that I can do much more. With old and new ideas, I hope I can keep up the pace with creating weird worlds with weird kids in absurd situations."

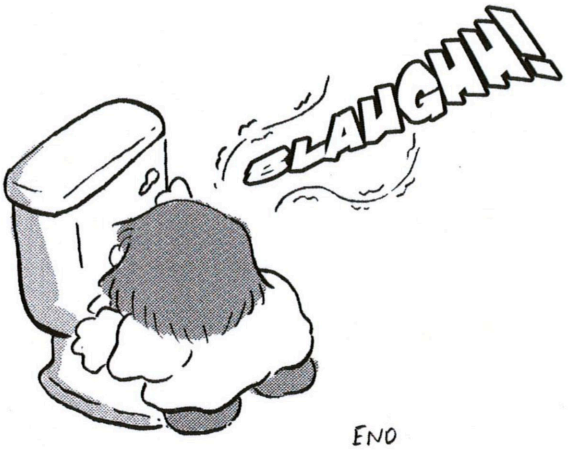
SCIENCE GIRL in... "The Mix-Up"

By Mathuin
www.mynameismathuin.com

YAWNNN
DANGER
POISON
GLUB
GLUB
GLUB


POOF!
POOF!
POOF!
POOF!
POOF!
POOF!


BLURGH...


BLAUGHH!
ENO

Zines & LIBRARIES

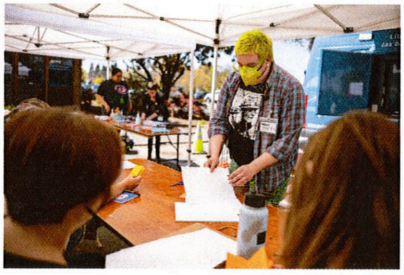
WHY DO SO MANY ZINE-RELATED ACTIVITIES HAPPEN AT LIBRARIES?

You may have noticed that many zine fests, zine clubs, and zine collections are hosted by libraries. This is becoming increasingly true not only here in Sonoma County, but all across the country. Libraries are big supporters of freedom of expression, creativity, and low barriers to participation, so zines are a perfect medium for libraries to engage in with their communities.

For the last four years, **Sonoma County Library** has collaborated with **Santa Rosa Zine Collective** to present **Santa Rosa Zine Fest**. The first Santa Rosa Zine Fest took place in 2020 and was a series of three virtual sessions, including a conversation between graphic novelists Maia Kobabe and Tessa Hulls.

In 2022, Zine Fest returned as a multi-day celebration with virtual sessions throughout the week leading up to an outdoor zine fair at the Northwest Santa Rosa Library. In three years, the zine fair has tripled in size and continues to grow and attract a wide range of exhibitors and attendees alike.

Yael Levy, of Print.Organize.Protest. prepares a silk screen at Santa Rosa Zine Fest 2023. Photograph by Nestor Torres Lupercio.



Long Arm Stapler facilitates a zinemaking workshop at Zine Fest 2023. Photograph by Nestor Torres Lupercio.

Artist Amanda Ayala exhibits her work at Santa Rosa Zine Fest 2023. Photograph by Zayda Delgado.

Santa Rosa Zine Collective was founded by volunteers in 2020. SRZC nurtures, uplifts and archives the work of zine artists in and around Sonoma County. They are working to build a community of belonging with people of color, queer and trans folks, disabled and neurodivergent people, and others who are underrepresented in the area's local arts scene. SRZC loves to create and participate in artistic experiences that are radical, transformative and liberating.

Melissa Andrade, Mer Morgan, & Chelsea Kurnick of Santa Rosa Zine Collective and Terra Emerson, Zayda Delgado, & Serena Makofsky of Sonoma County Library at Santa Rosa Zine Fest 2023. Photograph by Nestor Torres Lupercio.

Jordan Sea of Sonoma County Zine Club at Santa Rosa Zine Fest 2023. Photograph by Terra Emerson.

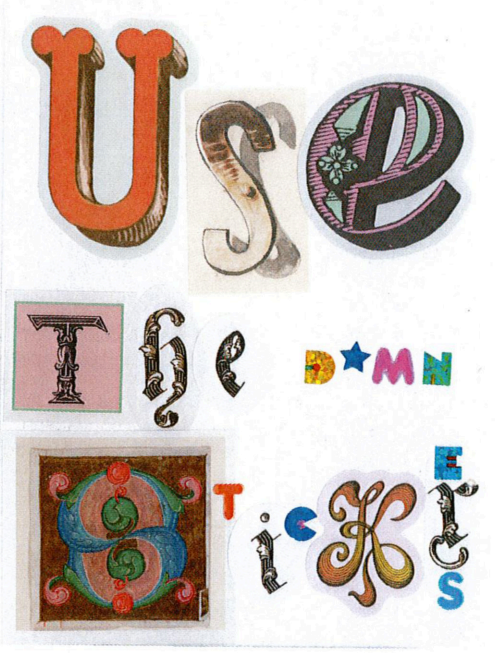
Sonoma County Zine Club was born out of Santa Rosa Zine Fest 2022. It was founded by Jordan Sea of Rain Barrel Zines and hosted at the Sebastopol Regional Library by zine-enthusiast librarians Rosalie Abbott and Terra Emerson.

Zine Club is growing! Starting March 2024 an additional meeting location was added at the Central Santa Rosa Library one Saturday a month. Also, taking advantage of the fine Sonoma County weather, a portable zine library traveling by a trike named Zeke visits parks around the town to offer a pop-up **Zine Picnic**. All of Sonoma County Zine Club's events can be followed on Instagram at @socozineclub.

Zine Club in session at the Sebastopol Regional Library. Photograph by Jordan Sea.

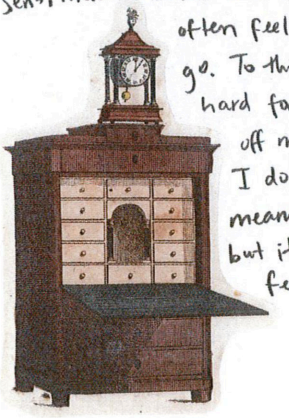
Artist: Joy Bethune

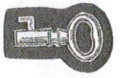
Joy (she/her) is a fat, queer, neurodivergent cat parent who loves being at home and collecting stationary.
She is interested in books, queer media, memes, and freedom from oppression.
Find her on instagram: @readingrecsfromjoy
and check out her book recommendations on amaz*n competitor: bookshop.org at: https://bookshop.org/shop/readingrecsfromjoy



One box of really "special" greeting cards that were made with natural paper that probably had elephant poo in them, became moldy and when I found them recently, I had to throw them out, including the lovely box they came in. Both the cards and the box had flowers on them.

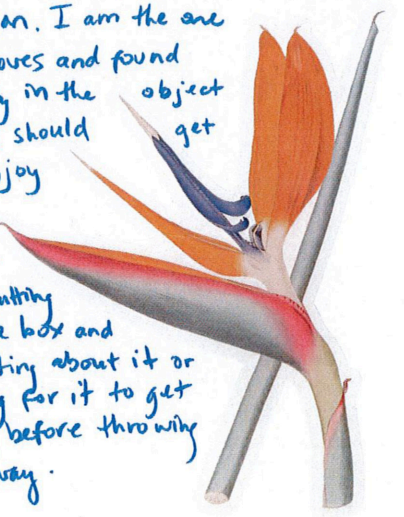
I also tend to have a hard time letting go of things because I have ADHD and my objects feel like the keys to my memories. Therefore everything has sentimental value and using something often feels like letting it go. To this day it is hard for me to send off my favorite cards. I don't think this means I am selfish but it sometimes feels that way.





My neurodivergence means that I have always loved collecting things: books, pens, stickers, notebooks, post cards, greeting cards, etc. I have started to use them and it feels really wonderful! It feels like growth and it somehow feels connected to my sense of self-worth.

As I get older, I'm realizing that instead of saving things for a special occasion that may never come, I can be the special occasion. I am the one who loves and found beauty in the object and I should get to enjoy it, rather than putting it in a box and forgetting about it or waiting for it to get moldy before throwing it away.



This probably isn't new information, but consider it a reminder that every day can be special, and what you are waiting for may never come. So open the special bottle, use the good towels, send the beautiful card (or pin it to the wall) and use the damn stickers!

In my next life

I'm coming back as

a mushroom or a

moss

When I was in 5th or 6th grade, my elementary school class went to Walker Creek Ranch in Marin County for an "Outdoor Education" camping trip. One day on a group hike, I was inspired by the beauty of nature and the bay laurel forest to write this little story/poem.

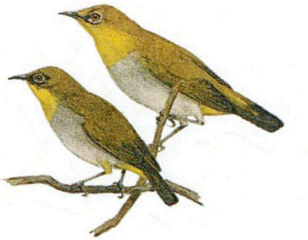
I have always loved the forest and found being in forests really calming. I think that is because all the forests of my youth, predominantly redwood, oak and bay laurel, are all really quiet, dark, cool and green. Nothing there is overwhelming other than the beauty of nature.

When I wrote this in upper elementary school, I had not yet learned the Japanese word Komorebi which translates to: sunlight filtered through the leaves of trees. Nor had I heard of the concept of "forest bathing" which is simply the practice of spending time in nature which has been shown to improve physical and mental health out comes.

For this zine, I only fixed the very few spelling errors I had made as a pre-teen, but I didn't change the grammar, punctuation or any of the word choices.

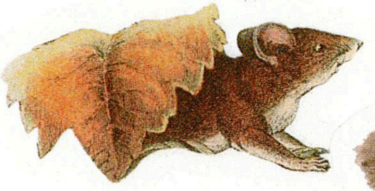
I still really love the forest and even stepping out my back door into my small yard seems to instantly allow me to breathe more easily.

The Secret Place

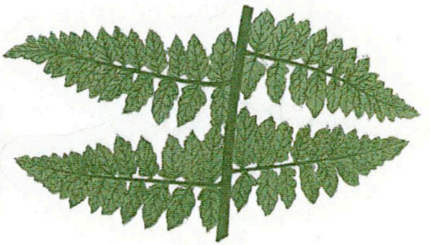


I know a place
where everything
is a secret and nobody
but me, the insects around me,
and the birds know of.

It is a place where the wind dances softly around me and the cool sand runs down to meet the tinkling creek below me.



As the sun soaks into my face, I think, this is my place, not one person has ever been here or ever will, for I only know how to pass through the Enchanted Forest.



I am the only human friend of the gnomes, fairies and other magical beings of the forest.

In this place, everything is perfect,

not normal, but perfect.

It is a place of only love and peace, nothing else wishes to be there.

FIN.

ejb

The Worst of Both Worlds: My Experience With The Similarities Between Ageism and Anti-Fat Bias

I got injured and the pandemic happened and I stopped running and everything fell apart and I realized the way I was (not) eating was destroying me. So I decided to let go of the tether I was holding tightly to, diet culture. I didn't even realize I was holding on to this tether, as a lifeline to a strong partnership, a path to acceptance in my community, easy street to whatever I wanted to wear, and preserver of youth. Then I noticed the damage this tether was doing, how it was a noose around my neck.

Like any other change in life, there was that golden honeymoon period of reading and listening to anti-diet podcasts and seeking out fat-positive images. But this honeymoon was painfully brief. I assimilated the data and had what I thought was a strong armory (as if!) against those insidious thoughts of body shame that had embedded in my bones. I would proceed to eat whatever I wanted, whenever I wanted with no guilt or shame or fear of health issues because that wasn't actually how it worked. I was naive.

In an attempt to reclaim one's love for one's body, a common method is to try to find other bodies that look like yours, bodies of people who appear happy and energized and friendly. This serves two purposes: it begins to persuade your brain that you, too, are acceptable as you are (the first step, really) and that you are, in fact, a human worthy of joy and love. Second, it breaks down the stereotype of a fat body as dumpy, lonely, rejected.

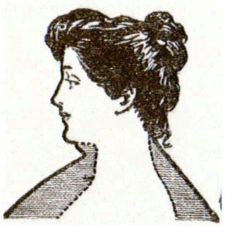
It was exhilarating to see so many brands and social media sources showing off fat bodies until a pernicious thought that had been running in the background of my mind caught up with this new perspective I was gaining. Okay, so uh, where were the Gen-Xers?

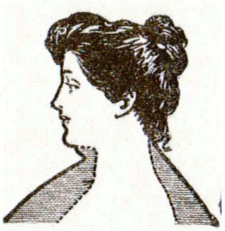
I've been on the internet since it was still in shrink-wrap. So, I've been VERY online and seen a lotta

---

Artist: Jordan Sea

Jordan (they, she) has been a fan of zines since the turn of the millennium. They took the plunge to express themselves to the public during the pandemic and haven't looked back. Jordan writes Rain Barrel and has written for Snax and Behind the Zines. They founded the Sonoma County Zine Club and currently co-host The Zine Report podcast. Find Jordan on Instagram @rainbarrelzine





stuff. And I've spent decades feeling a kinship, or at least a familiarity, with most regions of the online world. However, two things were beginning to happen. One, I was rapidly losing touch with all the ins and outs and memes and methods. I mean, I'm more in touch than a lot of folks my age because I was an early adopter and because of my kids. But, I was actually feeling myself losing momentum. Being online wasn't as enjoyable as it used to be and it felt less and less like I belonged.

The other thing that happened is that I found myself getting grumpy about younger folks speaking as though nothing existed before, say, 2008. I was feeling invisible. Where were the folks my age who remembered MUDS and Geek Code and Usenet, let alone the trends and experiences of the late 70s and early 80s? Surely they were still around. And surely there were women of that generation online now, too. These are liberated times and the Internet is easier to access than ever before. Nevertheless, I could not find representation of my age-group and definitely not of other women that had been online in those early days.

I'd read for years about the phenomena of middle-aged women becoming essentially invisible. And what that means is that they're not represented in advertisements, movies, TV shows. Actresses of this age group struggle to find work and to maintain their youth. To flirt with an older woman is perceived as aberrant, maybe a fetish. And if you're an older woman who happens to want to enter into a relationship with a significantly younger adult, you're a predator, a cougar. From what I saw, Gen-X women were relegated to the back rooms of their immaculate McMansions while their kids made up dances on TikTok.

It's well known that young faces and bodies dominate media. It has been significant since youth culture exploded during the 1950s but you see it emerging in early 20th century media, too, with the smooth-faced Gibson Girl and the perky Flappers. Youth culture became so dominant that it's

said that the ubiquitous practice of wearing hats fell away because designers deemed them too "old" and limiting to keep up with the carefree vibe of trending youth fashions.

In addition to setting the bar for highly visible commodities like fashion, the young are the early adopters of technology, setting the pace for the curated images that hound us. The historic arbiter of image, Hollywood, famously judges aging women as only valuable as long as they remain as flawless and youthful-appearing as possible. (The creepy corollary to this on screen and in the modeling industry is that the younger an actress chronologically is while passing as older, the longer their career.)

ARE YOU TOO Stout!

If so, why not reduce your weight and be comfortable. Obesity is a disease and predisposes to Heart Trouble, Paralysis, Liver disease Rheumatism, Apoplexy, etc., and is not only dangerous but extremely annoying to people of refined taste It's a mistake not to do anything to reduce your weight if it is greater than it ought to be We do not care how many reduction remedies you may have taken without success, we have a treatment that will reduce weight as thousands can testify. It is simple, safe and pleasant to take and not expensive either. The following are a few of the thousands who have been reduced in weight and greatly improved in health by its use:

	Reduced
Mr. C. E. Perdue, Springfield, Ill	135 Lbs.
Mrs. M. M. Cummins, Ottowa, Ill	78 "
Miss M. Hoisington, Lake View, Mich	50 "
Mrs. I. Spaulding, Morrisville, Vt	61 "
Miss M. Nobles, Racine, Wis	54 "
Mrs M. Cheek, Valley Mills, Texas	74 "
Miss Amy I. Dodd, Brocton, Ill	50 "
Mrs J. B Hyde, Mowequa, Ill	52 "
H Rassette, Ono, Calif	85 "
Ellen Ridgeway, Vandalia, Iowa	60 "
Miss K. Sheely, 600 N. Main St., Marion, O	70 "

MRS. HELEN WEBER
Marietta, O., says: "It is an excellent flesh reducer and has improved my health wonderfully."

We will give $100 IN GOLD to any one who can prove that any of our testimonials are not genuine.

DON'T do anything or take anything until you hear from us; we have something important to tell you about how to MAKE REMEDY AT HOME at a trifling cost and other valuable information. To any reader of McCLURE'S MAGAZINE who will write to us at once, we will send full particulars and a few days'

TREATMENT FREE

in a plain sealed package upon receipt of 4 cents to cover postage, packing, etc. Correspondence strictly confidential.

HALL & CO., E. N. Drawer 404, St. Louis, Mo.

If you google "makeup for older women", you get about 240,000,000 results. There are scores of lists of how to "dress for your age". The overwhelming message is that the only thing worse than being old is looking old.

And if anyone is looking at you, you better look thin.

So, what happens when you've got two big strikes against your body in this culture: you're both fat and aging. Where can you find positive images of these bodies? Who talks about being fat and aging? My body is not here.

In the body-positive social media feeds I've found, I have yet to find one of someone who appears older than mid-30s. Sure, there are curves and folds and generous thighs and all that goodness—but then everyone's skin is glowing and smooth, the boon of youth. Nothing crêpey. Nothing sagging. No jowls. No lines and crinkles around the knees. Again, my body is not here. It's part of what makes it hard to get out of diet-culture mindset. I look at all the beautiful fat bodies on IG and they're younger than me, so of course my brain says, "You can't do fat attractively so you better get thin."

Fatphobia is being called out for what it is, a deadly bias that bears no connection to health and a culturally-encouraged form of discrimination. Aging while fat is a potential minefield. We already know that fat bodies are widely discriminated against by health providers. (If you want well-researched evidence of this, read Aubrey Gordon's *What We Don't Talk About When We Talk About Fat*.) So, if you're living in a body that you already have a difficult time getting sufficient healthcare for while you're young, what happens as you age and the usual internal systems are beginning to change?

It's difficult to find any information that combines fatphobia and ageism. When I googled "fatphobia and aging" the first three pages were ONLY about fatphobia. No mention of ageism. When I googled "fatphobia and ageism" the results were similar. I did find a link to an episode of the Food Psych podcast (hosted by a conventionally beautiful, thin white woman with a youthful appearance who is an Intuitive Eating coach) featuring writer and professor Kimberly Dark. Her book *Fat, Pretty, and Soon to be Old: A Makeover for Self and Society* includes essays that speak to having a fat body as well as aging. I checked out the reviews- 4 and 5 stars only. Most folks mentioned embracing body size. Only one reviewer actually mentioned the word "age" (other than the titular mention.)

Here's a collection of my observations about features of each form of discrimination.

Notice a pattern?

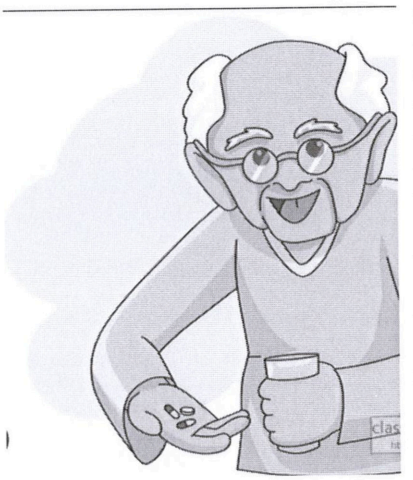
	Ageism	Fat-Phobia
Less likely to be hired for a job	✔	✔
Stereotyping in Hollywood, including perceived incompetence or comedic roles, and underrepresentation in female roles	✔	✔
Assumption that an individual is unfit to be in "normal" society and should be hidden or shamed	✔	✔
Documented negative impact on healthcare	✔	✔
Not taken seriously as a form of oppression	✔	✔

Take a look at an article in Medical News Today about ageism[1] and the examples given:

- treating family members as though they are invisible, unintelligent, or expendable based on their age
- making ageist jokes that imply someone is less valuable or less worthy of respect, based on their age
- making offensive generalizations about a specific generation, e.g., that millennials are entitled
- disregarding someone's concerns or wishes due to their age
- taking advantage of someone's age for personal gain, such as to make money
- using someone's age as justification to undermine, deceive, or control them

Now substitute "weight" for "age".

Consider an article by Camille Cottais, Jeanne Pavard & Marion Sanchez[2] about fatphobia and diet culture and the description given:



"Beyond the concrete diet culture manifestations, it also has a symbolic dimension. Diet culture hierarchizes bodies, advocating thinness and weight loss and thus denigrating its opposite. It glorifies thinness or even skinniness, while associating it with health, happiness and even moral superiority. This promise of attaining a higher status by losing weight pushes many of us, women in particular, to spend money, time and energy to try to lose weight, often in vain. It should also be noted that the diktat of thinness is not based on a majority standard to which we should correspond, since the ideals it promotes are exclusive and very far from the body of the overwhelming majority of the population."

Now, instead of "weight loss," "thinness" or "losing weight", substitute "anti-aging", "youth", "look younger" or "being young".

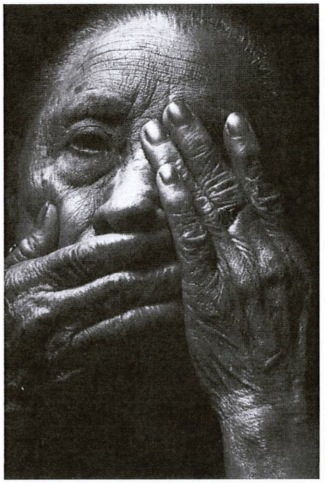
---

[1] https://www.medicalnewstoday.com/articles/ageism#examples

https://www.growthinktank.org/en/fatphobia-a-pervasive-and-socially-accepted-discrimination/

double-whammy as they age and see weight-loss as one of the only viable controls they may have in order to remain visible and relevant.

Winterich's interviews in her study of older women indicated that, among heterosexual women, there was a deep fear of gaining weight. Those interviewed mentioned surprise and dismay at gaining weight in their 50s, having self-described as thin in their younger years. One individual in the study was quoted as saying she felt "unwanted" now that she was larger and older.



According to the article "(Un)Changing Menopausal Bodies: How Women Think and Act in the Face of a Reproductive Transition and Gendered Beauty Ideals" by Heather Dillaway[3] 61 women interviewed in 2001 said "they attempt to prevent/mask bodily change in order to remain attractive, visibly feminine, and desirable in the eyes of men" which can be translated to mean that post-menopausal heterosexual women believe they no longer hold the traits of an acceptable woman. When you enrobe this in a body that is similarly deemed unacceptable due to its size, it's little wonder that older fat individuals feel utterly invisible, neutered, and quite possibly monstrous.

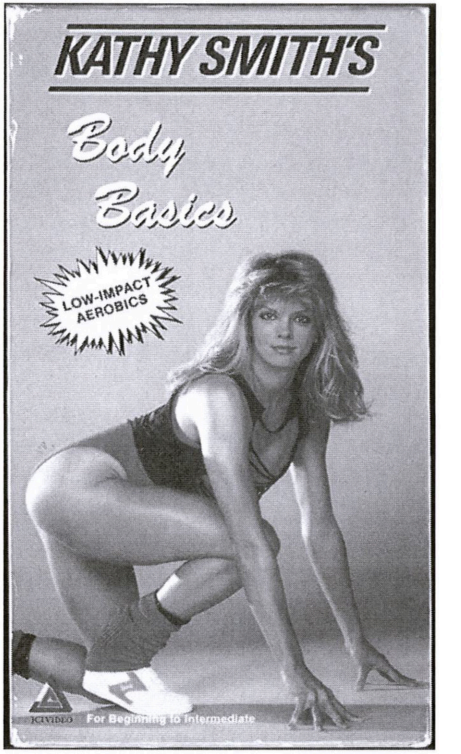
What comes up for me again and again as I struggle to loosen and discard the stranglehold of diet culture, is the wish that I could see something like MY almost-50 year old body among those fighting anti-fat bias. The anti-ageist faces and bodies I see on my social media feed still conform to the mainstream ideal – thin, dressed in a way that is characterized as "elegant", clearly wealthy. Activist and author Aubrey Gordon has written that society only finds "one standard deviation" from the norm acceptable. You can be fat, as long as you're wealthy or beautiful. You can be old as long as you're thin, successful, famous (and probably wealthy and white). But you can't be two or more in order to be acceptable.

---

[3] Dillaway, Heather E. "(Un)Changing Menopausal Bodies: How Women Think and Act in the Face of a Reproductive Transition and Gendered Beauty Ideals." Sex Roles 53.1-2 (2005): 1-17. Web.

The drive toward a slender body through diet has been impressed upon Americans since the late 19th Century. The bathroom scale was patented in 1916. You don't need to go far to find a smorgasbord of data that shows that weight cannot be successfully controlled by diet and exercise, though these conclusions are only recently becoming more and more visible. It's not work that most Gen-Xers and Boomers have approached — second and third wave feminism has been about political and economic equality. So I mostly see Millenials and Zoomers show up to explode the idea that bodies must look a certain way in order to be acceptable and visible.

The backlash against this phalanx of body activists is swift and insidious and it's growing as we talk more about the lies the diet industry and medical industry tell us. Witness diet programs and companies rebranding to be "wellness" companies. And to catch up to any Gen-Xers who may be sprinting away from diet mentality in its traditional forms, we even see the rise of metabolic diets, anti-inflammation diets, diets that purport to meet changing hormones and menopause, in the guise of helping soothe symptoms and improve our aging and health experience. *Won't somebody think of the health?* It's all the same crap, of course — disordered eating to undermine our fragile trust in our own bodies. Just when you think you're at an age where you don't have to stress, after years of all the work to love yourself, that quicksand seeps back under your feet.



My Favorite Workout Tape when I was 13

Feeling attractive and enjoying my body is a long slog. I've found a style right now that feels fun and creative in Rockabilly. Currently, rockabilly shops and influencers seem more accommodating to different body sizes and ages. My own love of past eras

fits seamlessly within it. And yet, it's obvious I'm still not performing that look "correctly". I'm long-waisted, so rather than a pleasing hourglass, my body is more like those yard-o-beer tourist flasks, like a barbell. No amount of shapewear or crinolines can create the "right" silhouette. If I can't look like a pinup, it often feels like failure.

Spunky Crop

A pixie with choppy pieces looks fresh and youthful , plus it's wash-and-go low-maintenance. Try out feathery micro bangs with your pixie like **Judi Dench**. These can help elongate your face and bring attention to

What can I as an individual do about it all? Despite fear of being visible on social media platforms (particularly TikTok, which seems so cut-throat), one of my nutrition therapists suggested I create what I want to see. So, I've been trying to give some thought to how to be literally visible and talk about my process on, yes, TikTok. I'm slowly finding other Gen-Xers there, so the next level is to find fat Gen-Xers.

I have to say, it's been frustrating not to see people my age talk about anti-fat bias. Nearly every podcaster or blogger that I admire who spreads the word of how this bias shows up appears to be in their thirties or early forties. The examples they use of how diet culture has affected them don't reach as far back in time to what I remember. Even *I* don't remember all the ways diet culture gripped me when I was in junior high and younger, but I know it did. It feels disappointing and isolating to hear only about the experiences of those much younger than myself. It reminds me of the discussion of the fat experience of small and medium fats, that is privileged when compared to the experience of the super and infinite fats. What does it feel like to others who are in their 50s and might think of themselves as rumpled and bloated detritus?

Voluminous Pixie

If there's one person who knows how to age gracefully, it's **Jane Fonda**. Take the plunge with a short style that features lots of layers and volume.

You might see a lot of talk about "forgiving" your body and

learning to love your body. I have personally found both of those goals to be very distant peaks and I'm still on the switchbacks much farther down the hill. What I'm trying to do right now is just to allow myself to *be fat*. And allow myself to *be old*. Even those are stretch goals, but they're achievable. They don't require me to think differently about myself or see things that aren't there. These thoughts only ask me to say to myself, "Hey, you're fat and old. It's okay. Just breathe. It's okay."

What can I ask others to do about it? Be visible and vocal, too. Rethink how older individuals are valued for their age and their appearance. Why are these even criteria for value? Nevertheless, we live in the culture that we live in, so in the meantime, hand out compliments and start looking for different ages and body shapes. How are they depicted? If you don't see someone old and fat, why is that? Start imagining we are real and we exist. Don't be afraid to flirt. Smile. Look into someone's eyes. Basic good human stuff. Because we are human.

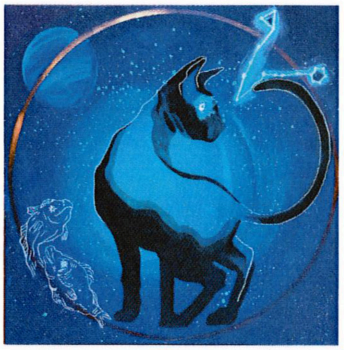
Originally appeared in Rain Barrel #4

Facing page:

Artist: Sofie Engstrom von Alten

Sofie is a passionate local who focuses on illustration, painting and creating children's books. Zines are a classic and great way to entertain, get the word out and to engage audiences of all ages!

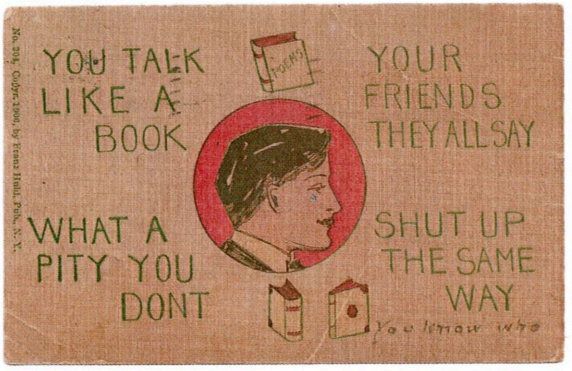
Her submission 'Zodiac Cats' is a series of 12 paintings made with acrylic, charcoal, and gold spray paint on board. Each piece depicts a unique cat that represents one of the astrological signs of the Zodiac. Designed and painted by Sofie, each Zodiac Cat is a playful, kitschy interpretation of the astrological signs, with the corresponding constellation and Greek mythology woven in as well. The pieces measure 12" x 12" but have been reduced in size for publication; She has also reproduced them as a series of small stickers. The pieces were created and shown for a fundraiser auction event in San Miguel de Allende, Mexico, to benefit a cat rescue shelter.

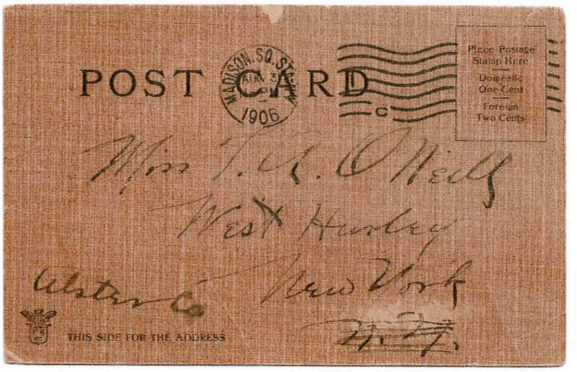


Artist: Robert T. Glen

Robert T. Glen (he/him) is a grouchy middle-aged white man who lives in Santa Rosa, California. Although zines are a perfect place for underrepresented voices to be heard, he feels entitled to take up several pages of this annual. He does three series of zines. One, *Religion Politics Sex,* takes a topic and considers it under the lens of the three subjects you don't discuss in polite company. *Volume 4, The Perzine Issue* was written for Dear Diary Zine Fest 2023 in Oakland. He sold two copies. He also does a series of postcard zines that feature antique and vintage postcards with snarky, mean, or passive-aggressive messages. He did two of those this year, and this annual features two cards from one of them. Finally, he does a series of minizines about notable football games. He didn't submit that for this annual. Robert is cranky and standoffish but secretly hopes you'll think he's pretty cool.

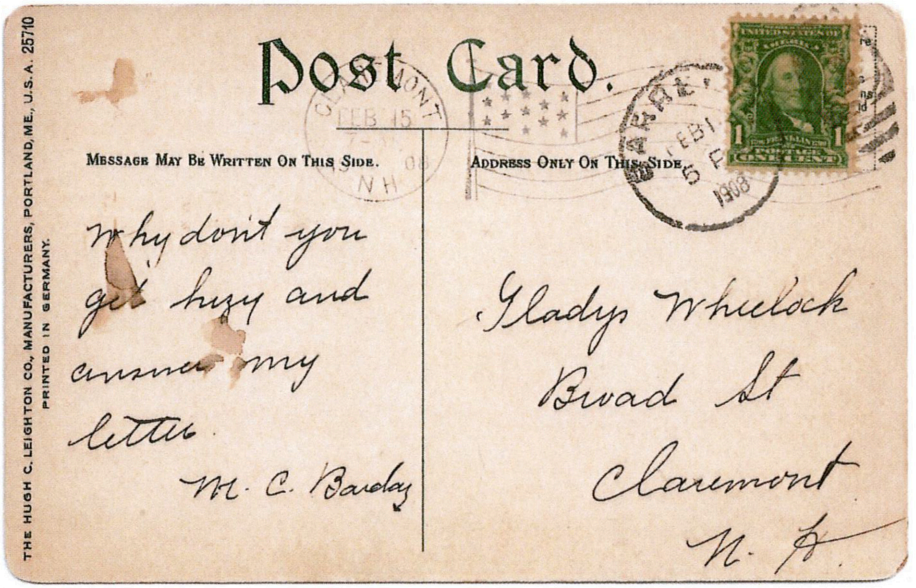
Excerpts from Robert T. Glen's
"Why don't you get busy and answer my letter"
Passive-Aggressive and Snarky Antique Postcards, 1906-1913





Text (on the front): *You know who*

Prior to 1907, one side of the postcard was exclusively for the address, which meant any message had to be written on the other side. In this case, "You know who" has allowed Franz Huld, the creator of this card, to levy the insult. I figure whoever sent this got their wish, as the recipient probably never spoke to them again. (Fun Fact: Insulting postcards may not have been all that lucrative. Mr. Huld went bankrupt in 1909.)

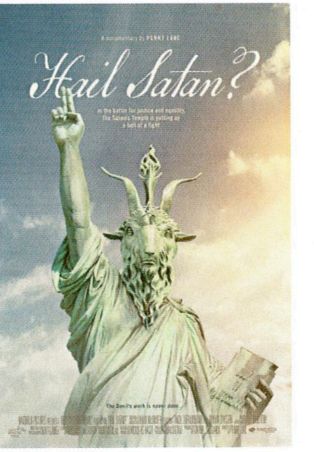


Text: *Why don't you get buzy and answer my letter.*

Maybe it's not "get buzy." Maybe it's "get hazy." Or maybe M.C. Barday wrote "hizy," like, "R-Dog is in the hizzy," which is what people say to me when I come to their house. "Hizy" would make sense for a self-styled M.C. dropping lines decades before Snoop. But whatever that word is, the message is clear: M.C. Barday was not going to tolerate Gladys lollygagging.

Excerpt from Robert T. Glen's
Religion Politics Sex Volume #4: The Perzine Issue
Religion: From Fundamentalist Christian to Member of The Satanic Temple

Oh, yeah. About the Satanism. A couple of years ago, I was looking for movies to watch with my son while we were spending time together on the weekend. I found a documentary called *Hail Satan?*, which I thought might be interesting for us to watch together. The film starts in Tallahassee, at a media event designed to embarrass then Florida Gov. Rick Scott. Knowing this organization got its start in Tallahassee immediately piqued my interest. The documentary showed The Satanic Temple's efforts to fight the encroachment of Christianity into government. You want a Ten Commandments monument near the state Capitol building? The Satanic Temple (TST) will petition to have a giant statue of Baphomet installed nearby. You want a Bible study at a public school? TST will bring After School Satan Club. Leading a prayer before a city commission meeting? Why not Hail Satan instead?



I found TST popping up in my news feeds more as they sought to highlight any time the government seemed to violate the First Amendment's establishment clause by endorsing religion, and by religion, it is always, always Christianity. I was impressed with TST's mission. "They're doing God's work," I kept saying, since I commonly reference a metaphorical deity that I don't even believe exists just because that's the way I talk.

People seem highly uncomfortable with the idea of Satanism as the worship of the devil. The image is of drinking the blood of babies or sacrificing animals. As best as I can tell, TST is satire, although its ability to operate a club on campus or to threaten an invocation is predicated on it being a real religion. This isn't about whether or not a high school can have a Hellfire Club that plays D&D and talks about *Stranger Things.* This is about challenging having teachers who make subjective grading decisions also sponsor Bible studies in their classrooms. This is about recognizing the unspoken influence authority figures have, especially over young minds.

When I was young, I was taught that those who did not follow Christ were following the devil whether they know it or not. Jesus says, "He that is not with me is against me" (Matthew 12:30, KJV). In that version of Christianity, there are no neutral parties. There are those who are on the Lord's side, and everyone else is in league with Satan.

I reject that concept now, but I also find it useful to explicitly acknowledge what I would be accused of doing through ignorance. "You know, when you listen to rock music, when you play D&D, when you drink alcohol, you're just following Satan." Sure, OK! Hail Satan then! (As Bart Simpson says, "All the best bands are affiliated with Satan.") So I've doubled down and become a member of The Satanic Temple.

In the seven fundamental tenets of TST, none of them reference Satan. But the word Satan in Hebrew means Adversary, and I appreciate the imagery of TST opposing the Christians who look to use the government to promote their vision of how this country should be. That's what makes TST truly Satanic — its commitment to contest the wrongly gained power of Christianity. (TST doesn't object to the practice of Christianity or any other religion when it does not interfere with the rights of others.)

Of the seven fundamental tenets of TST, I particularly like, "People are fallible. If one makes a mistake, one should do one's best to rectify it and resolve any harm that might have been caused," which takes the concept of forgiveness of sins and puts some personal responsibility behind it. You made a mistake? Don't just ask God to forgive you and then forget about it. Go try to make amends as best you can! **RPS**

Excerpt from Robert T. Glen's
Religion Politics Sex Volume #4: The Perzine Issue
Politics: From Reagan-Loving Republican to Socialist Democrat

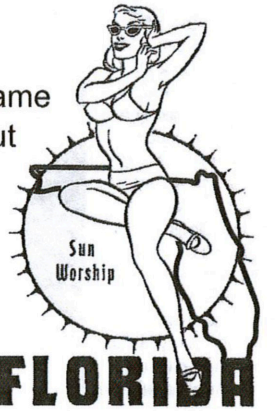
Confessions of a Fraudulent Voter

In August 2000, my then-girlfriend and I moved from Florida to California. This created a problem for the part of me that valued my civic participation. By the time we settled into our new studio apartment, it was September, and too late to register to vote in our new state. Plus, many of the Tallahassee candidates in the 2000 election were familiar to me from their years of political service. I felt informed about the Tallahassee, Leon County and Florida candidates. I had no idea what the politicians in Novato, California were like.

So I convinced my girlfriend that we should request absentee ballots, as if we were simply temporarily away in California. The elections supervisor sent us our ballots and we voted and sent them back.

The experience was so good for the primaries that we decided to repeat the process for the November general election. This made my girlfriend a bit nervous. What if someone caught on to the fact that we had been gone for two months, or that we had no intention of returning to Florida? And the 2000 Presidential election was still up in the air, unlike every election we had been through in my lifetime.

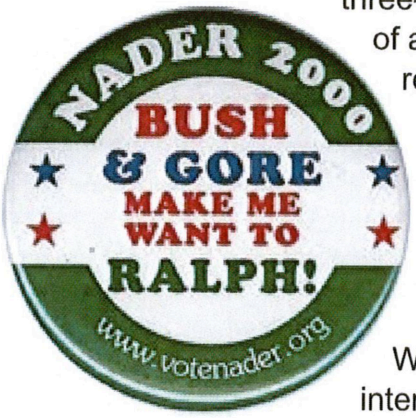
"Don't worry," I told her. "It's not as if the election will ever be decided by a single state or a few votes."



Of course, we know how that turned out. The 2000 election came down to Florida, and a ridiculously thin margin of 537 votes out of the nearly 6 million votes cast, for a margin of victory for George W. Bush of 0.009%. That number of 537 is often cited, and it could have been 535 if my then-girlfriend and I had voted for Al Gore. But we didn't. As far as I was concerned, Gore and Bush held similar positions. Much of the 2000 campaign seemed to focus on Medicare Part D, which would provide prescription drug coverage to senior

citizens. Both candidates were in support of the proposal but disagreed on the details. Meanwhile, to quote the Wikipedia article about Ralph Nader's 2000 presidential campaign, "Nader campaigned against the pervasiveness of corporate power and spoke on the need for campaign finance reform. His campaign also addressed problems with the two party system, voter fraud, environmental justice, universal healthcare, affordable housing, free education including college, workers' rights and increasing the minimum wage to a living wage. He also focused on the three-strikes rule [long prison terms for those convicted of a third crime], exoneration for prisoners for drug related non-violent crimes, legalization of commercial hemp and marijuana (also known as cannabis), and a shift in tax policies to place the burden more heavily on corporations than on the middle and lower classes." How could we *not* vote for that platform?

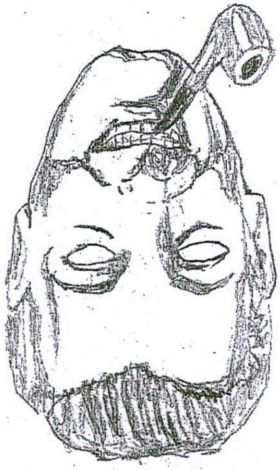
George W. Bush and Al Gore. Seriously, how could you look at these two guys and see all that much of a difference?



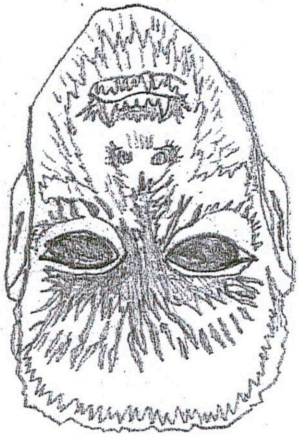
We were a little nervous once Florida got such intense national attention, but of course no one went through the voter rolls and figured out we were permanent California residents by November. We moved around in the Bay Area and eventually became knowledgeable about the local politics in whatever town we were living in. And much of what Nader advocated back in 2000 continued to be part of the progressive platform, from living wages to the legalization of marijuana. But Bush's narrow victory made it nearly impossible for any future third-party candidate to attract support. Instead, progressives have been limited to working to hold Democratic politicians to vote their way, just as the right-wing Republicans have hunted RINOs to extinction. RPS

€DVVÄRDD Ƒ. CHAΘS is the originator & instigator of this inaugural Zine yearbook . As well as contributing photography , words , & art , €.F.C has also produced promotional materials for zine fest '23&'24. In addition to personal works across all forms of physical media €.F.C has collaborated with numerous local bands, venues, & organizations in many capacities, as well as collecting & preserving works across a wide range of media as a fan and archivist.

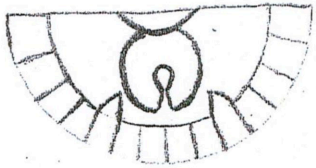
CUT ALONG DOTTED LINES, FOLD TOGETHER & STAPLE & FOLD TO MAKE YOUR OWN MINI-ZINE!!

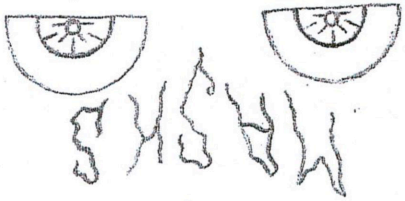


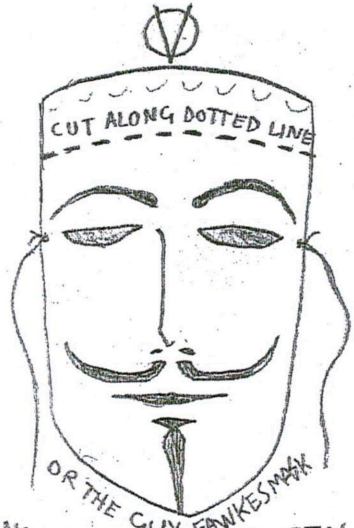
J.R. "BOB" DOBBS



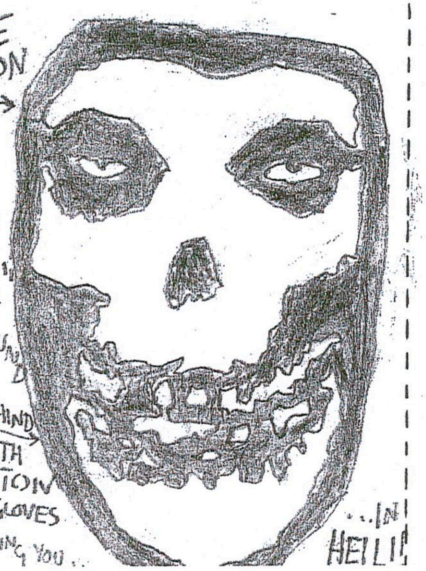
BEN COOPER
WOLF MAN



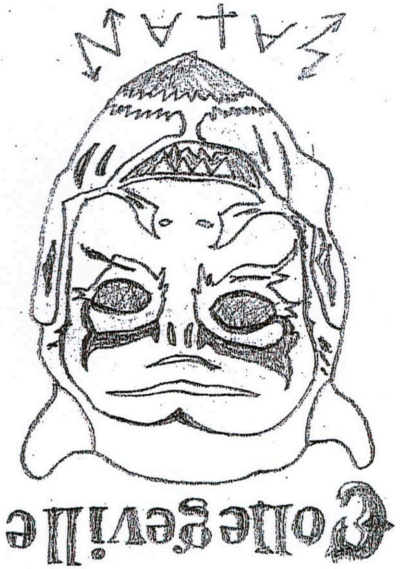


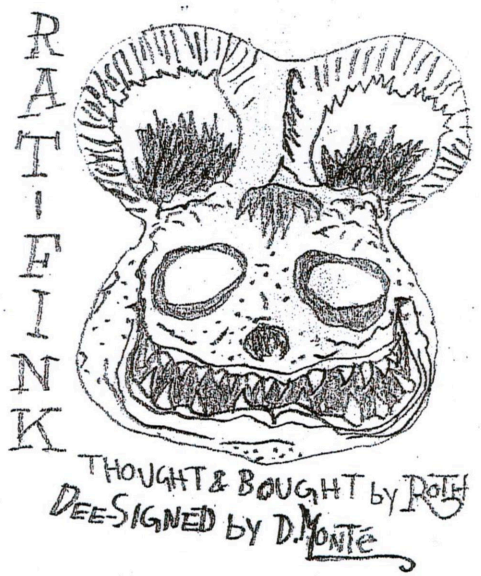


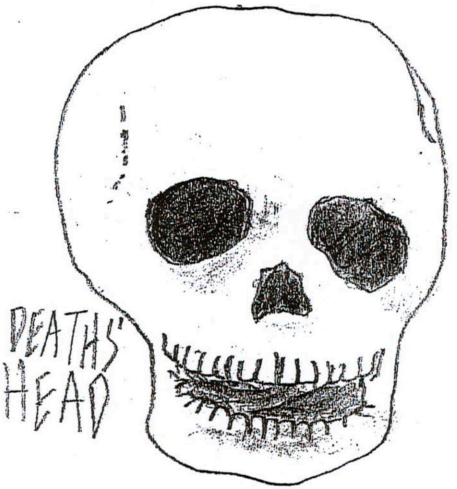
HAND CRAFTED WITH BIC PEN, PAPER PLATE RAZOR & STRING.



There is no Death;
Lifelessness is only a
Disquise,
Behind wich hide,
Unkown forms of Life.







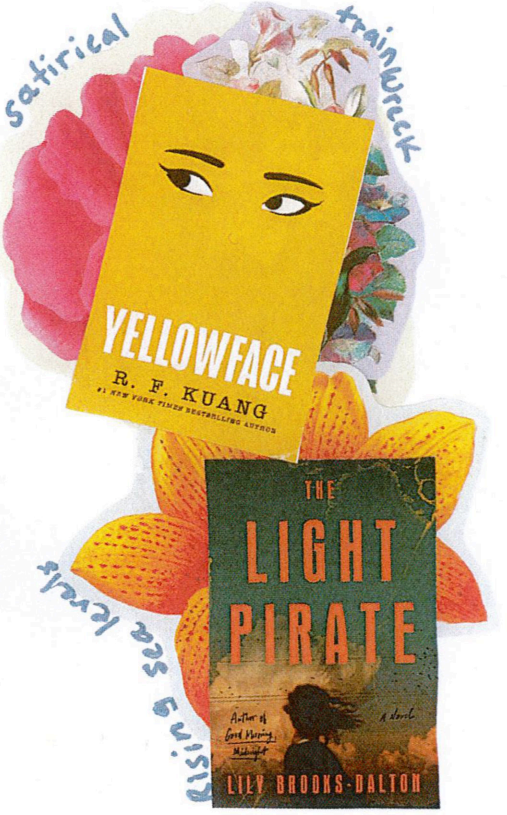
Artist: Terra Emerson

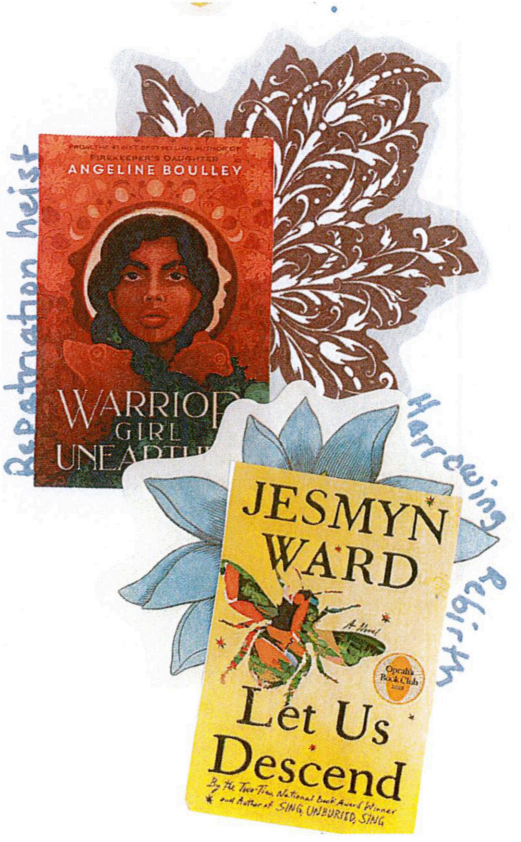
Terra Emerson (she/her) is a Teen Services Librarian and local poet. She is one of the hosts of Sonoma County Zine Club and organizers of Santa Rosa Zine Fest. She loves to make poetry zines and zines about cats, books, and being an introvert. She enjoys incorporating mixed media into her zines including collage, text, watercolor, stickers, and photographs. She loves that zines provide a low-cost way for people to self-publish their creative work and share their ideas with the world. Find more of her reading suggestions on Instagram @t.laurel.books.

Non-binary
pirates
THE WICKED BARGAIN
GABE COLE-NOVOA
ASOU NAZEMIAN
ONLY THIS BEAUTIFUL MOMENT
Gay Iranian history

Love + belonging
Jonny garza villa
Ander & Santi Were
This Here Flesh
Cole Arthur Riley
spiritual bodies

haunting and strange
Fruiting Bodies
Kathryn Harlan
Dystopia
I KEEP MY EXOSKELETONS TO MYSELF
MARISA CRANE
queer resistance


satirical
trainwreck
YELLOWFACE
R. F. KUANG
#1 NEW YORK TIMES BESTSELLING AUTHOR
THE LIGHT PIRATE
A novel
LILY BROOKS-DALTON
rising sea levels



BY TERRA LAUREL

Big Thanks to our Sponsors

MENTAL WORK

HILD'S ORIGIN OF THE SPECIES

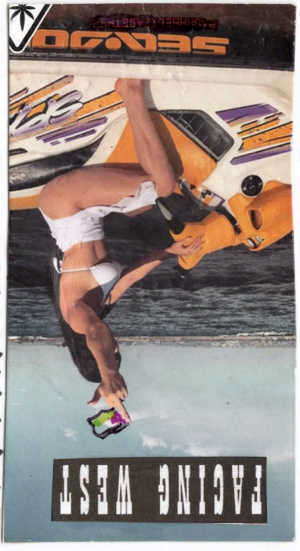
An opening cast call of hand-made **mannequins**

THE ENDLESS END

Lettera M+R

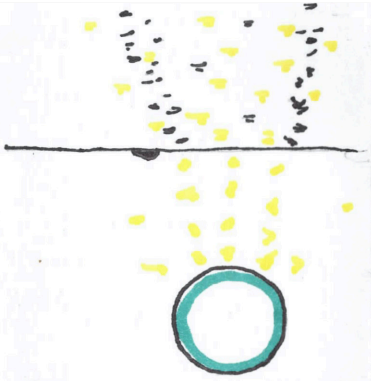
"real-world" noggin-choppin' heli-drone

Y 27 E NEW EX AND WINE



Medistafrion Swift Gamma

Tom Skinton Black



WEST is the sea — We watch it glimmer when our hearts cannot

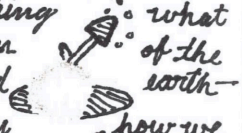
To the west, the sea inholes the sun, exhales fire that furnishes our nights with embers —

Despite the distortions of our atmosphere, we know your Dayan sun lights my Stinson sea —

Birds chase the water —
Dogs chase the birds —

Age chases us but we wonder how it will catch us in time —

The wind, settling, carries the scent of light rot to our nostrils — People dig, making what they can of the disturbed earth — we worry how we burden our kin —

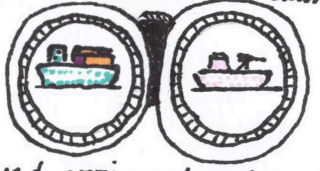


Few are from here very long —

Those 'the West' has chosen to come have come with curfews and guns —

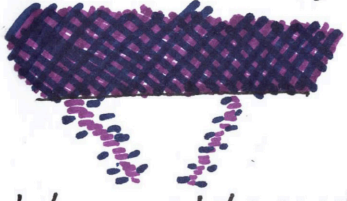
'Real estate' sprouts — cursed — from the bodies — native or not — they have planted in the disturbed earth —

The horizon is rarely barren — Commodities with more rights than either of us — crawl like ants — drive by hive mind



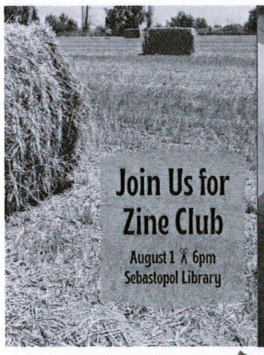
and arrive where they are destined — Their rights correspond to those who exploit the labor of those who made them

West is the tattered mantle of history patched with accidents — Night falls — Heavy and permissive — Around us, the sound of salt and silt on our neighbors' hands — What of tonight?



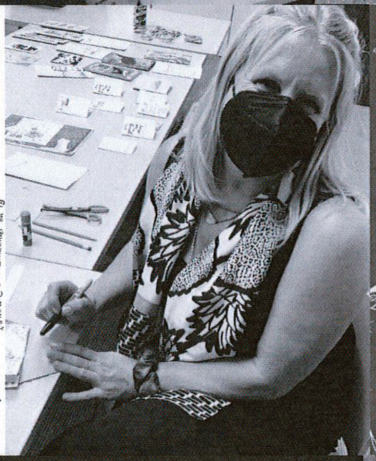
Let us see what we want of dawn in the dawn

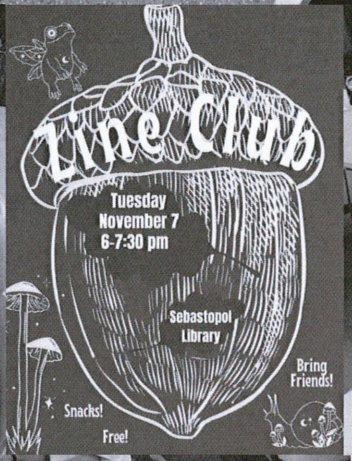
AUTOGRAPHS

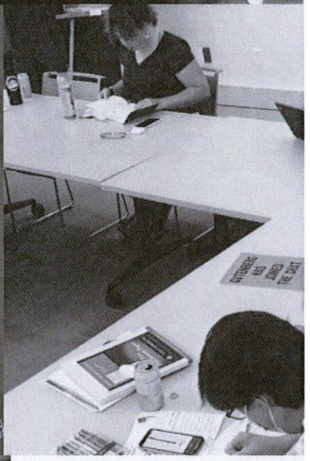

Join Us for
Zine Club
August 1 X 6pm
Sebastopol Library

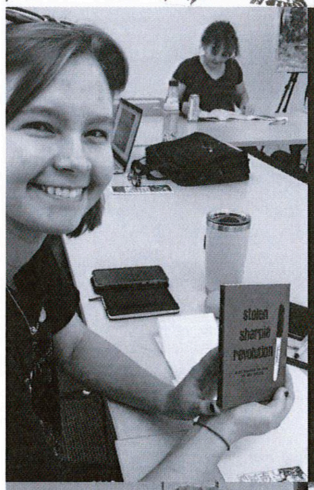
FIRST
BIRTHDAY
BASH!
June 11 10am-2Pm
at Retrograde
Coffee roasters

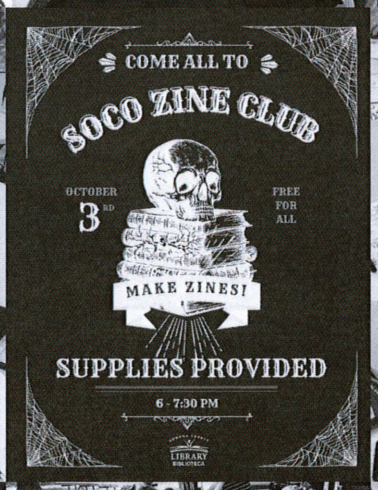
ZINE
CLUB
SUMMER
PICNIC
3PM
RAGLE PARK
JULY 2
NOW
"Let's Make Zines"
What do you think of my zine?
What are you bringing to the picnic?
Sound dating Virgo?
@socozineclub

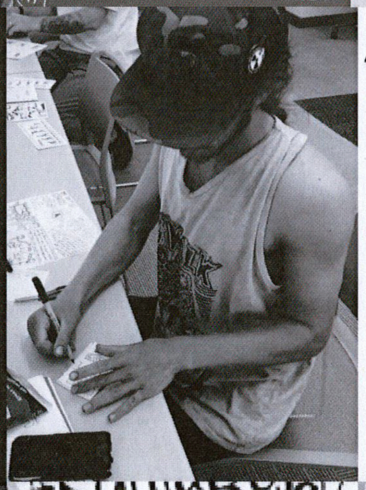


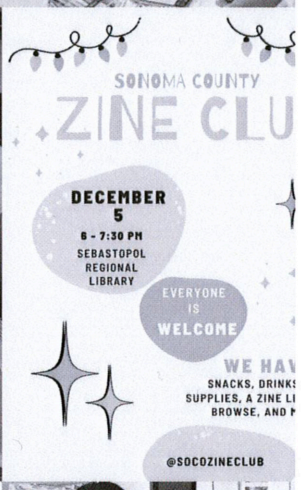

Zine Club
Tuesday
November 7
6-7:30 pm
Sebastopol
Library
Bring
Friends!
Snacks!
Free!

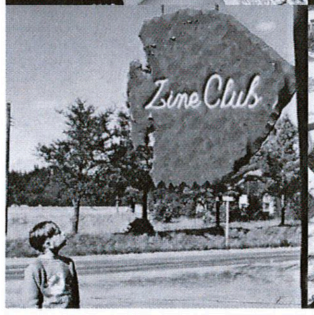



stolen
sharpie
revolution

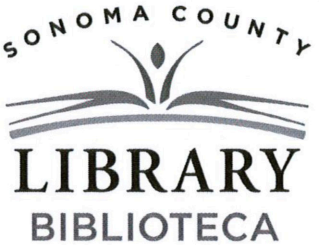

COME ALL TO
SOCO ZINE CLUB
OCTOBER
3RD
FREE
FOR
ALL
MAKE ZINES!
SUPPLIES PROVIDED
6 - 7:30 PM
LIBRARY
BIBLIOTECA




SONOMA COUNTY
ZINE CLU
DECEMBER
5
6 - 7:30 PM
SEBASTOPOL
REGIONAL
LIBRARY
EVERYONE
IS
WELCOME
WE HAV
SNACKS, DRINKS
SUPPLIES, A ZINE LI
BROWSE, AND M
@SOCOZINECLUB


Zine Club

Zine Fest
2023



@socozineclub @santarosazinefest